

Principals of online safety

Month 2 Meeting 3

For your third meeting, introduce the principles of cyber safety. Discuss ways students can be safe online and encourage safe online practices with their friends.

CYBER SWAT

Objectives

- Introduce the principles of cyber safety.
- Continue planning for Cyber Safety Awareness Week.

Materials

- Printable handout: What is cyber safety?
- Cyber Safety Awareness Week preparation checklist
- Handout: Principles of Cyber Safety

Agenda

What is cyber safety?

Ask the group how they use the internet.

- What was the last website they visited?
- What was the last social media platform they logged on to?
- What platforms are their friends on? Their parents? Grandparents?

Cyber safety means using the internet while being aware of the risks. Revealing too much personal information online, or posting things you might regret later, can put you at risk of embarrassment or worse. Location-enabled apps can track you, and you might not even know it is happening. Cyber bullies and online predators pose very serious risks as well.

Cyber safety also means knowing when to talk to a trusted adult. If you or someone you know may be in danger, don't wait. Tell someone you trust, like a parent or guardian, teacher, counselor, or school resource officer.

Handout: Principles of cyber safety

Start with these principles of cyber safety (printed on the handout):

1. I will think before I post. I agree not to post information or images that could put me at risk, embarrass me, or damage my future. This includes my home address, my phone number, sexual messages, and inappropriate pictures or videos.
2. I will respect other people online. I will not post, send, or forward anything rude, offensive, or threatening; or that might embarrass, hurt, or harass someone. I will not take anyone's personal information and use it to damage their reputation.
3. I will be careful when meeting online friends in person. I agree to ask my parent or guardian's permission before going, to meet in a public place, and to have a trusted adult accompany me.
4. I will protect myself online. If someone makes me feel uncomfortable, or is rude or offensive, I will not respond. Instead I will save the evidence, tell a trusted adult, and report the problem (to the website, CyberTipline.com, or the police).

Discussion topics

- Which of these principles is the most important? Are any of them more relevant to teens today than others?
- How can you use technology in a way that makes you feel safe? What things can you do to protect yourself?
- Do you think that your peers use technology in responsible ways?

Project planning

Continue the planning for Cyber Safety Awareness Week. By now you should have:

- Selected dates for Cyber Safety Awareness Week.
- Asked for approval from school administration.
- Explored a few ideas for events and activities.

Additional resources

- Teamcyberswat.org
- Netsmartz.org